How to create a

10 Week Study Plan

For busy students

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Do you find it difficult to prepare for **exams?**

This
study plan
may help

Hi, I'm Ivan Walsh

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Plato suggested we become what we do all day.

So...

Create a routine that works for You!

1. Find the location

**Make this your place
Reminder to study
Create rituals**

2. Same time & place

Build the routine
Start small
Shrink your goals

3. Turn off distractions

**Leave the phone outside
Turn off the wifi
Buy strong headphones**

Time yourself always

30 Min Blocks

Start the clock
Then stop, stretch
Start again, build muscle

Let's start

Start easy

Create a study plan
Identify targets
Ease into the subject

A schedule stops you from drifting

Track your subjects

Google Drive, Evernote
Review frequently
Keep it portable

Create outline
Make a list of tasks
Don't defeat yourself

Study to completion

Always finish one piece
Then start next
Avoid fragments

Is there time?

Yes, start
No, create outline
Scan today's work

Watch the clock

Use Pomodoro
Don't go past finish time
Develop a sense of time

Stop
Stand up
Stretch

Go again!

Quickly, review work
Check writing task
Stay on track

Don't make these **MISTAKES** when studying

Pushing yourself to hard

leads to
BURNOUT

Finding Loopholes

Undermines your
EFFORTS

Comparing with others

Destroys your
CONFIDENCE

Takeaways

1. Start **early**
2. Use **technology**
3. Feed **each subject**
4. Revise in **waves**
5. Work to the **finish line**

Thanks, Ivan

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